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عنوان:

بررسی مقایسه‌ای شفقت نسبت به خود و حس انسجام در پرستاران شاغل در
بیمارستان روان پزشکی و سایر بیمارستان‌های دانشگاه علوم پزشکی کرمان در سال
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Title

**Comparison of self-compassion and sense of Coherence in nurses working in
psychiatric hospitals and other hospitals of Kerman University of Medical
Sciences in 2019**

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مقدمه و اهداف: پرستاران شاغل در بخش های جسمانی و روانپزشکی به دلیل شرایط سخت کاری در معرض مشکلات متعددی هستند. انتظار رفتار مناسب از پرستاران هنگام مواجهه مداوم با حوادث پرخطر و پراسترس افراد بدون در نظر گرفتن شفقت نسبت به خود و حس انسجام این افراد غیرمنصفانه است لذا این مطالعه باهدف بررسی مقایسه ای شفقت نسبت به خود و حس انسجام در پرستاران شاغل در بیمارستان روان پزشکی و سایر بیمارستان های دانشگاه علوم پزشکی کرمان در سال ۱۳۹۸ انجام شد.

روش کار: مطالعه حاضر یک مطالعه از نوع توصیفی مقایسه ای می باشد که در پرستاران شاغل در بیمارستان روانپزشکی و سایر بیمارستان های دانشگاه علوم پزشکی کرمان در سال ۱۳۹۸ انجام شد. همچنین نمونه گیری در بیمارستان روانپزشکی شهید بهشتی کرمان به شیوه سرشماری (صد نفر) و در سایر بیمارستان های دانشگاه علوم پزشکی کرمان (افضلی، باهنر، شفا) به شیوه تصادفی طبقه ای (صد نفر) انجام شد. پرسشنامه ها شامل اطلاعات زمینه ای، فرم کوتاه پرسشنامه شفقت نسبت به خود و فرم کوتاه پرسشنامه حس انسجام می باشند. **یافته ها:** نتایج این مطالعه نشان داد که پرستاران بیمارستان روانپزشکی از سطوح بالاتری از شفقت نسبت به خود در مقایسه با پرستاران بیمارستان های جسمی برخوردار بودند. همچنین میانگین نمره حس انسجام پرستاران بیمارستان روانپزشکی از پرستاران بیمارستان های جسمی بالاتر بود. همچنین بین حس انسجام و شفقت نسبت به خود، ارتباط مستقیم و متوسطی وجود داشت. بدین صورت که با افزایش نمره شفقت نسبت به خود، حس انسجام نیز افزایش می یابد.

نتیجه گیری: پیشنهاد می شود برای بالا بردن حس انسجام در پرستاران جسمی، اندیشیدن تدابیری در جهت بالا بردن شفقت خود در حیطه های دانش اخلاقی و شوق خدمت در پرستاران لازم و ضروری به نظر می رسد. حس انسجام باعث بهبود عملکرد شغلی می شود؛ پس بر این اساس، کارکنان نظام سلامت از جمله پرستاران، باید برای ایفاء چنین مسئولیتی تلاش کنند.

کلمات کلیدی: شفقت نسبت به خود، حس انسجام، پرستاران، بیمارستان جسمی، بیمارستان روانپزشکی

Abstract

Background and Objectives: Nurses working in the physical and psychiatric wards are exposed to many problems due to difficult working conditions. It is unfair to expect appropriate behavior from nurses when they are constantly exposed to high-risk and stressful events without considering their self-compassion and sense of coherence. Therefore, this study was conducted to compare comparative self-compassion and sense of Coherence in nurses working in psychiatric hospital and other hospitals of Kerman University of Medical Sciences in 2020.

Methods: The present study is a descriptive comparative study that was performed on nurses working in psychiatric hospitals and other hospitals of Kerman University of Medical Sciences in 2020. Also sampling was performed in Shahid Beheshti Psychiatric Hospital in Kerman by census method (100 people) and in other hospitals of Kerman University of Medical Sciences (Afzali, Bahonar, Shafa) by stratified random method (100 people). Questionnaires include background information, a short form of self-compassion questionnaire and a short form of sense of coherence questionnaire.

Results: The results of this study showed that the nurses of psychiatric hospitals had higher levels of self-compassion compared to the nurses of physical hospitals. Also the average score of cohesive hospital nurses sense of cohesion was higher than that of physical hospital nurses. Also, there is a direct and moderate relationship between cohesiveness and self-compassion. In this way as the score of compassion for oneself increases, so does the sense of coherence.

Conclusion: It is suggested that in order to increase the sense of cohesion in physical nurses, it is necessary to think of measures to increase their compassion in the areas of moral knowledge and

enthusiasm for service in nurses. A sense of cohesion improves job performance. Accordingly, health care workers, including nurses, must strive to fulfill such a responsibility.

Keywords: Self-compassion, sense of coherence, nurses, Physical Hospital, Psychiatric Hospital

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بسمه تعالی

صور جلسه دفاع از پایان نامه

تاریخ ۹۹/۹/۱۰

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پیوست.....

دانشگاه علوم پزشکی کرمان

تحصیلات تکمیلی دانشگاه

جلسه دفاعیه پایان نامه آقای ایمان نصرت آبادی کارشناسی ارشد روان پرستاری ورودی ۹۷ تحت عنوان " بررسی مقایسه ای شفقت نسبت به خود و حس انسجام در پرستاران شاغل در بیمارستان روانپزشکی و سایر بیمارستان های دانشگاه علوم پزشکی کرمان در سال ۱۳۹۸ " رهنمایی خانم گلناز فروغ عامری و دکتر صدیقه ایرانمنش در ساعت ۱۲ روز شنبه مورخ ۱۳۹۹/۰۹/۱۰ با حضور اعضای محترم هیات داوران مشکل از:

سمت	نام و نام خانوادگی	امضا
الف: اساتید راهنما	خانم گلناز فروغ عامری دکتر صدیقه ایرانمنش	
ب: استاد مشاور	دکتر ندا اسدی	
ج: عضو هیات داوران (داخلی)	دکتر جمیله فروغ زادیان	
د: عضو هیات داوران (خارجی)	دکتر معصومه غضنفرپور	
ه: نماینده تحصیلات تکمیلی	دکتر صدیقه خداپنده	

تشکیل گردید و ضمن ارزیابی به شرح پیوست با درجه عالی و نمره ۱۸/۷۱ مورد تأیید قرار گرفت.

دکتر فیروزه میرزایی رابر

مهر و امضاء معاون آموزشی دانشکده

دانشکده پرستاری و مامائی رازی
تحصیلات تکمیلی